



**BOSTON UNIVERSITY**

**Fitness and Recreation Center**

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# **MEMBERSHIP HANDBOOK**

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**Physical Education, Recreation and Dance**  
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# Table of Contents

<b>MISSION.....</b>	<b>5</b>
<b>MEMBERSHIP.....</b>	<b>5</b>
<b>Membership Benefits.....</b>	<b>5</b>
<b>Membership Eligibility .....</b>	<b>6</b>
FULL-TIME STUDENTS (Undergraduate and Graduate) .....	6
PART-TIME STUDENTS (Undergraduate and Graduate) .....	7
FACULTY/STAFF.....	7
ALUMNI.....	8
YOUNG ALUMNI.....	8
FRIENDS OF BU .....	9
SPOUSE MEMBERSHIPS .....	9
DEPENDENT MEMBERSHIPS.....	9
<b>Membership Plans, Renewals, and Periods.....</b>	<b>10</b>
<b>Summer &amp; Winter Guest Pass .....</b>	<b>11</b>
<b>Membership Changes.....</b>	<b>11</b>
<b>Cancellations and Refunds .....</b>	<b>11</b>
INVOLUNTARY MEMBERSHIP CANCELLATION.....	11
VOLUNTARY MEMBERSHIP CANCELLATION.....	12
<b>GENERAL RULES &amp; REGULATIONS.....</b>	<b>13</b>
<b>Conduct .....</b>	<b>13</b>
<b>User Agreement .....</b>	<b>13</b>
<b>Terrier and FitRec ID Cards.....</b>	<b>14</b>
<b>Terrier and FitRec ID Card Violations .....</b>	<b>15</b>
<b>Entrance/Exit .....</b>	<b>16</b>
<b>Guest Passes .....</b>	<b>16</b>
<b>Food, Chewing Gum and Drinks.....</b>	<b>17</b>
<b>Smoking.....</b>	<b>17</b>
<b>Alcohol and Drugs .....</b>	<b>17</b>
<b>Cell Phones.....</b>	<b>17</b>
<b>Electronic Tablets.....</b>	<b>17</b>
<b>Bicycles, Etc. ....</b>	<b>17</b>
<b>Pets.....</b>	<b>17</b>
<b>Accessibility.....</b>	<b>17</b>
<b>Attire.....</b>	<b>18</b>
<b>Equipment.....</b>	<b>18</b>
<b>Stereos .....</b>	<b>18</b>
<b>Injuries and Equipment Failures .....</b>	<b>18</b>
<b>Moving Equipment.....</b>	<b>18</b>
<b>Spitting .....</b>	<b>18</b>
<b>Closing Time .....</b>	<b>18</b>
<b>Facility Closures .....</b>	<b>19</b>
<b>Posted Rules .....</b>	<b>19</b>
<b>Personal Belongings.....</b>	<b>19</b>
<b>Photography.....</b>	<b>19</b>

Open Recreation .....	19
Organized Activities .....	19
Inclement Weather .....	19
Solicitation and Marketing .....	20

**SERVICES..... 20**

Eligibility .....	20
Pro Shop .....	20
Equipment Issue Rules.....	21
Locker Room Policies.....	21
Day Lockers .....	21
Locker Rentals .....	22
Towel Service .....	22
Sauna .....	23
Lost and Found .....	23
Cancellations and Refunds .....	23

**GERALD TSAI JR. FITNESS CENTER ..... 23**

Rules and Regulations .....	23
Group Exercise and Multipurpose Rooms .....	24
Weight and Cardiovascular Rooms .....	24

**AQUATIC CENTER..... 25**

Rules and Regulations .....	25
Competition and Recreation Pools.....	25
Spa .....	26

**ADDITIONAL FITNESS AREAS ..... 27**

Rules and Regulations .....	27
Gymnasia.....	27
Open Recreation Rules.....	28
Racquetball and Squash Courts.....	28
Racquetball and Squash Court Reservations.....	28
Indoor Jogging Track.....	29
Sailing Pavilion .....	29

**THE BARRECA CLIMBING WALL..... 29**

Rules and Regulations .....	29
Climbing .....	30
Bouldering.....	30
Family Climbing .....	31

**FACILITY RESERVATIONS ..... 31**

<b>EMERGENCY PROCEDURES.....</b>	<b>31</b>
<b>PARKING .....</b>	<b>32</b>
<b>Permit Parking .....</b>	<b>32</b>
<b>Non-Permit Parking .....</b>	<b>33</b>
<b>Agganis Arena Event Parking Restrictions.....</b>	<b>33</b>
<b>Event Notification.....</b>	<b>33</b>

# MISSION

## Vision

Physical Education, Recreation and Dance at Boston University will become a national leader in physical education, recreation and dance, providing exceptional and innovative programs and services that result in measurable and transformational changes in the lives of those we serve.

## Mission

We are committed to enriching the University and local communities by providing unparalleled and inclusive educational and recreational programs, services, and facilities to promote physical, social, and emotional health and wellness.

## Core Values

Physical Education, Recreation and Dance at Boston University embraces values that guide our actions, shape our programs and services, and result in measureable outcomes, including:

- **Community:** Building positive relationships with students, faculty, staff, alumni and the citizens of Greater Boston
- **Quality:** Achieving excellence in the provision of instruction, programs, service and facility management
- **Education:** Creating opportunities for personal and physical development, enrichment, health and wellness that benefit our students and members

# MEMBERSHIP

## Membership Benefits

Your membership admits you into the facility and allows you to use all available equipment and facilities during posted recreation times including:

- Lap swim in the competition pool
- Recreational swim in the recreation pool and whirlpool
- Walking or jogging on the indoor track
- Use of all 18,000 square feet of cardio and fitness equipment, including treadmills, ellipticals, stationary bikes, free weights and selectorized weights
- Use of racquetball and squash courts (reservations needed with the Pro Shop)
- Recreational climbing on the climbing wall (after receiving an orientation and safety certification)

- Discount on most instructional courses (in order to receive the member discount on all programs, including camps, the participant must be a member on an active membership throughout the duration of the program(s))
- Discount on children's programs, including camp (in order to receive the member discount on all children's programs, including camps, the child must be a dependent member on an active membership throughout the duration of the program(s)).
- Participation in open recreation activities: including pick up basketball, volleyball, badminton, indoor soccer, and more!
- Use of the locker rooms
- Equipment checkout
- Ability to sponsor guests to use the facility (must be 18 or over to sponsor a guest)
- Certain free classes are offered to Faculty/Staff, Alumni, and Friends of BU members. These classes vary from semester to semester.

### **Membership Eligibility**

All memberships are subject to proof of affiliation, confirmation of employment, or proof of enrollment. Memberships will remain pending until payment is received, proof of membership eligibility is confirmed, and a signed user agreement is received.

#### **FULL-TIME STUDENTS (Undergraduate and Graduate)**

- All full-time students as recognized by Charles River and Medical Campus Registrar are eligible for full-time student membership. Eligibility is determined by the Registrar. You must currently be registered and certified full-time. For eligibility questions, contact the Office of the University Registrar at 617-353-3612.
- Membership to the Fitness and Recreation Center is automatically granted to all certified enrolled full-time undergraduate and graduate Boston University students.
- Membership is granted for the current enrolled semester only (see Membership Plans, Renewals, and Periods).
- Full-time students are eligible to sponsor a membership for their spouse (proof of marriage required) or dependents.
- Proof of marriage must be presented at the Member Services desk before purchasing the spouse membership.
- Spouses will be provided with FitRec ID card on their first visit to FitRec for facility access.
- Your Terrier ID card will provide you FitRec access once you have signed your FitRec User Agreement.
- During the summer, continuing full-time students are granted membership if they were full-time students in the Spring Semester and Pre-registered as full-time students for the Fall Semester in that year.
- All graduating students will continue to have access until the end of their last semester as a registered full-time student (see Membership Plans, Renewals, and Periods).
- If your status as a full-time student changes at any time, your membership to the Fitness and Recreation Center will be terminated, as well as any spouse or

dependent memberships on your account. You may be eligible to purchase a membership under a different Boston University affiliation.

#### **PART-TIME STUDENTS (Undergraduate and Graduate)**

- All part-time students as recognized by Charles River and Medical Campus Registrar are eligible to purchase a part-time student membership. You must currently be registered and certified as part-time status. If the registrar does not have you certified part-time, your eligibility will be revoked. For eligibility questions, contact the Office of the University Registrar at 617-353-3612.
- Faculty/staff also enrolled as part-time students (receiving tuition remission) are eligible for a faculty/staff membership. If the faculty/staff member is not receiving tuition remission, proof is required and that member will be charged as part-time student.
- Memberships to the Fitness and Recreation Center can be purchased through the FitRec website (bu.edu/fitrec). Part-time students are eligible to sponsor a membership for their spouse or dependents. The part-time student must be a member for spouse or dependents to join.
- Membership is granted for the current enrolled semester only (see Membership Plans, Renewals, and Periods).
- Students must be recognized on Student Link as married to purchase spouse memberships.
- Spouses will be provided with FitRec ID Card on their first visit to FitRec for facility access. Primary affiliates will sign the FitRec User Agreement on behalf of their spouse.
- Your Terrier ID card will provide you FitRec access once you have signed your FitRec User Agreement.
- If your status as a part-time student changes at any time, your membership to the Fitness and Recreation Center will be terminated, as will any spouse or dependent memberships on your account. You may be eligible to purchase a membership under a different Boston University affiliation.

#### **FACULTY/STAFF**

- All faculty/staff, as recognized by the Charles River and Medical Campus Human Resources departments are eligible for faculty/staff membership. Eligibility is determined by Human Resources. For eligibility questions, contact Human Resources at 617-353-2380.
- The following BU affiliations are also eligible for Faculty/Staff membership: Emerita Professor, Emeritus Professor, Retired Employee, Trustee, Visiting Scholar/Research Fellow, Military Science and Fraunhofer. (*Note: if your Boston University affiliation is not listed above and you are interested in purchasing a membership, please contact the Fitness and Recreation membership staff for eligibility verification*).
- The following groups are also eligible to join (proof of eligibility such as work ID or letter from personnel is required): 660 Corporation employees on BU campus, Aramark employees on BU campus, Barnes & Noble employees on BU campus, Boston Medical Center employees. Bring proof of eligibility to

- the Member Services desk. You will be contacted via email when you are able to purchase your membership online.
- Memberships can be purchased for spouses and dependents (18 or under). Primary affiliate must be a member for family to join.
  - Spouses will be provided with a FitRec ID card on their first visit to the FitRec Center for facility access. Primary affiliate will sign the FitRec User Agreement on behalf of their spouse. Dependents 16 and over will also be provided their own FitRec ID card.
  - Faculty/staff also enrolled as part-time student (receiving tuition remission) are eligible for a faculty/staff membership. If the faculty/staff member is not receiving tuition remission, proof is required and that member will be eligible for a part-time student membership.
  - Your Terrier ID card will provide you FitRec access once membership has been purchased.
  - If your status as a faculty/staff changes at any time, your membership to the Fitness and Recreation Center will be terminated, as well as any spouse or dependent memberships on your account. You may be eligible to purchase a membership under a different Boston University affiliation.

#### **ALUMNI**

- Individuals must be recognized by the Alumni Association as determined by Boston University. Individual must have received a Bachelor and/or Graduate Degree from Boston University and be registered with the BU Alumni Association. Boston University Certificate Program Graduates are not eligible for alumni memberships. For eligibility questions, contact the BU Alumni Association at 617-353-9511.
- Memberships can also be purchased for spouses and dependents (18 or under). The primary affiliate must be a member in order for their family to join.
- Alumni and spouses will be provided with a FitRec ID card on their first visit to the FitRec Center for facility access. The primary affiliate will sign the FitRec User Agreement on behalf of their spouse. Dependents 16 or over will also be provided their own FitRec ID card.

#### **YOUNG ALUMNI**

- An individual must be recognized by the Alumni Association as determined by Boston University. An individual must have received a Bachelor and/or Graduate Degree from Boston University and be registered with the BU Alumni Association. Boston University Certificate Program Graduates are not eligible for alumni memberships. For eligibility questions, contact the BU Alumni Association at 617-353-9511.
- Young alumni membership is available for two years from your official graduation date. After that, your membership will automatically expire and you will need to purchase a regular alumni membership.
- Faculty/staff also considered young alumni are eligible as faculty/staff. You may only have one primary affiliation with the university and faculty/staff is considered primary.



- Memberships can also be purchased for spouses and dependents (18 or under). The primary affiliate must be a member in order for their family to join.
- Alumni and spouses will be provided with a FitRec ID Card on their first visit to the FitRec Center for facility access. Dependents 16 or over will also be provided with their own FitRec ID card.

#### **FRIENDS OF BU**

- Friends of BU must be sponsored by a person affiliated with Boston University. Please obtain your sponsor's name and BU ID number for registration.
- Memberships can also be purchased for spouses and dependents (18 or under). The primary affiliate must be a member in order for their family to join.
- Friends of BU and spouses will be provided with a FitRec ID card on their first visit to FitRec for facility access. Dependents 16 or over will also be provided with their own FitRec ID card.
- Please inquire at the Member Services desk or email [fitrec@bu.edu](mailto:fitrec@bu.edu) for information regarding Friends of BU membership enrollment.

#### **SPOUSE MEMBERSHIPS**

- Spouse membership is intended for married couples as recognized by the Commonwealth of Massachusetts. Cohabitants and engaged couples are not eligible for spouse memberships. If legal documentation of domestic partnership is provided, spouse membership is available.
- Registration for membership must occur through the primary Boston University affiliate.
- Management of the Fitness and Recreation Center reserves the right to require proof of marriage.
- Full-time students must provide proof of marriage to add a spouse to their membership plan.
- Spouse membership is automatically terminated if the primary Boston University affiliate is no longer a member.
- Spouses are permitted in the facility during all hours of operation.

#### **DEPENDENT MEMBERSHIPS**

- Dependent memberships are intended for children (18 or under).
- Registration for membership must occur through the primary Boston University affiliate.
- Management of the Fitness and Recreation Center reserves the right to require proof of dependency.
- Dependent memberships are automatically terminated if the primary Boston University affiliate is no longer a member.
- Persons 19 and older who are not directly affiliated with Boston University are not eligible for a dependent membership. However, they could be eligible for a Friends of BU membership plan.

- A parent or legal guardian must sign a FitRec User Agreement for dependents prior to the first use of the facility.
- After purchase of dependent membership, a photo will be taken of each dependent to visually confirm identity upon future visits. These photos are only used for the check-in process.
- Attempting to provide access to dependents other than those listed on your plan is considered a violation (See Terrier and FitRec ID Card Violations).
- Dependents may use the facility in accordance with the following regulations and age restrictions:

- |                 |   |
|-----------------|---|
| Age 0-12 years  | <ul style="list-style-type: none"> <li>➤ Direct parental supervision is required while in the facility.</li> <li>➤ Not permitted in the Weight and Cardiovascular Fitness rooms with the exception of enrollment in programs.</li> </ul>  |
| Age 13-15 years | <ul style="list-style-type: none"> <li>➤ Not permitted to use the spa at any time.</li> <li>➤ Direct parental supervision is required while in the facility during all hours of operation.</li> <li>➤ Not permitted in the Weight and Cardiovascular Fitness rooms with the exception of enrollment in programs.</li> </ul> |
| Age 16-18       | <ul style="list-style-type: none"> <li>➤ Permitted in all areas of the building without supervision during all hours of operation.</li> </ul>   |

## **Membership Plans, Renewals, and Periods**

### **Annual**

- Members can receive a 20% discount off the monthly membership rate if they commit to and pay up front for an annual membership period.
- This plan is a 12-month commitment. No refunds will be offered if plan is cancelled. Please see “Cancellations” for cancellation details and guidelines.
- The annual membership is based from July 1 - June 30.
- Your plan will automatically renew on the first day it expires.
- If you wish to cancel your annual membership, you must fill out a cancellation form before June 25.

### **Six-Month**

- Members can receive a 15% discount off the monthly rate if they commit to and pay up front for one six-month membership period.
- This plan is for a six-month commitment. No refunds will be offered if plan is cancelled. Please see “Cancellations” for cancellation details and guidelines.
- Six-month memberships are based on a July 1 to December 31 and/or January 1 to June 30 calendar.
- Your plan will automatically renew on the first day it expires.

- If you wish to cancel your six-month membership, you must fill out a cancellation form before June 25 (July 1 to December 31 plans) or December 25 (January 1 to June 30 plans).

## Monthly

- Monthly memberships automatically renew each month and you will be charged on or around the first day of each month for that month.
- This plan may be cancelled at any time. There is no initiation or cancellation fee.
- If you wish to cancel your monthly membership, you must fill out a cancellation form before the 25th of the month in order not to be charged for the next month.

Please note that certain areas may not be available at all times and all schedules are subject to change without notice. There are no refunds or compensation for closures.

- All memberships are inclusive of University breaks, holidays, and facility closures.

Access to the Fitness and Recreation Center for students is based on the following semester schedule:

- **Spring Semester** - January 1 through May 31
- **Summer Session I** - Day after graduation through June 30
- **Summer Session II** - July 1 through August 31
- **Fall Semester** - September 1 through December 31

## Summer & Winter Guest Pass

- Participant must be participating in a Boston University academic program, event or conference, staying in official housing, or have a BU affiliate sponsor.
- Participants under the age of 18 must provide a signed FitRec User Agreement from a parent or legal guardian before pass will begin.
- The Guest Passes cannot be cancelled or refunded once purchased.

## Membership Changes

If you would like to change your membership plan by adding a spouse or dependents, or change your credit card information on file, you can make these changes through the FitRec Website ([bu.edu/fitrec](http://bu.edu/fitrec)).

## Cancellations and Refunds

You may cancel your membership within three business days of your join date and receive a full refund as per Massachusetts General Law. After that, your membership can be terminated on an involuntary or voluntary basis.

### INVOLUNTARY MEMBERSHIP CANCELLATION

- Your status as a Boston University affiliate has changed and you are no longer eligible for membership.
- If your plan has monthly dues, your membership will continue until the last day of the month you became ineligible.

#### VOLUNTARY MEMBERSHIP CANCELLATION

- You may choose to cancel your membership at any time, even though your Boston University affiliation has not changed, or if your Boston University affiliation has changed but you are still eligible for membership.
- You must cancel your membership at the Member Services desk and sign a membership cancellation form or submit an [online cancelation form](#).

#### Monthly

- No refund will be given for the month in which you cancel your membership and your membership will still be valid until the last day of the month.
- **All membership cancellations must be received by the 25th of the month in order not to be charged for the next month.**

#### Six-Month

- Pursuant with MA state law, the six-month membership may be cancelled for the following reasons only. With documentation, a pro-rated refund based on the monthly rate will be issued.
  - If upon a doctor's order, you cannot physically or medically receive the services because of significant disability for a period in excess of three months.
  - If you move either your residence or your place of employment more than twenty-five miles from FitRec (proof required).
- **You must submit a completed cancellation form before December 25 to cancel before the January 1 through June 30 membership period.**
- **You must submit a completed cancellation form before June 25 to cancel before the July 1 through December 31 membership period.**
- **If you do not submit a cancellation form, your six-month membership will automatically be renewed the first day it expires.**

#### Annual

- Pursuant with MA state law, the six-month membership may be cancelled for the following reasons only. With documentation, a pro-rated refund based on the monthly rate will be issued.
  - If upon a doctor's order, you cannot physically or medically receive the services because of significant disability for a period in excess of three months.
  - If you move either your residence or your place of employment more than twenty-five miles from FitRec (proof required).

- You must submit a completed cancellation form before June 25 to cancel before the July 1 through June 30 membership period.
- If you do not submit a cancellation form, your annual membership will automatically be renewed the first day it expires.

## GENERAL RULES & REGULATIONS

The following rules and regulations governing the use of all recreational facilities at the Fitness and Recreation Center have been created to provide equal opportunity and protect the rights of each participant. As a member of the university community, you have a responsibility to understand and abide by these guidelines. To ensure everyone's safety, Fitness and Recreation Center staff will enforce the usage guidelines and other posted regulations. Failure to abide by these rules and regulations may result in modified or revoked membership privileges as determined by the Executive Director of Physical Education, Recreation and Dance.

### Conduct

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([bu.edu/dos/policies/student-responsibilities](http://bu.edu/dos/policies/student-responsibilities)).

### User Agreement

All Fitness and Recreation Center members, class participants and guests must read and sign a User Agreement prior to using the facility.

In consideration of the opportunity to participate in classes, activities, and programs conducted at the Boston University Fitness and Recreation Center and/or other University athletic facilities, and to use equipment located therein,

I, \_\_, an ADULT, on behalf of myself and anyone claiming on behalf of me, or  
(name of participant adult)

I, \_\_, the PARENT or LEGAL GUARDIAN of the child/children identified  
(name of parent/guardian)

hereunder in the signature block, each a MINOR, on behalf of myself, my child/children, and anyone claiming on behalf of me or my child/children, do hereby forever release, hold harmless, agree not to sue, and forever discharge Trustees of Boston University (the "University") and its departments, officers, directors, board members, representatives, agents, and employees from any and all claims, demands, causes of action, judgment, damages, expenses and costs (including attorneys' fees), including but not limited to claims of negligence on account of personal injury, bodily injury, property damage, death or accident of any kind sustained by me and/or my child that arises out of my or my child's use of, presence in, or participation in activities conducted at

the Fitness and Recreation Center and other University athletic facilities, whether or not caused by the ordinary negligence of the University, which I may now or hereafter have and which the above-named minor has or hereafter may acquire, either before or after reaching majority. I understand, recognize, and acknowledge that certain activities conducted or taking place in the Fitness and Recreation Center and other University athletic facilities are potentially hazardous and may involve the risk of accident, death, illness, physical or mental injuries, and property damage. It is my responsibility to ask questions about any aspect of the Program activities that has not been explained to my satisfaction. I hereby voluntarily assume any and all risks, including injury to person and property, related to my participation and/or my child's participation in the Program. I further understand that, notwithstanding precautions taken by the University, sports and fitness activities involve a risk of injury and/or death. I/we are voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. In signing this Release, Acknowledgment of Risk, and Waiver of Liability, I hereby acknowledge that I have read this entire document, that I understand its terms, that I have signed it knowingly and voluntarily, and that I intend it to bind me and, as applicable, my child/children and anyone claiming on behalf of me or my child/children. I understand that I must abide by and follow all rules and policies outlined in the Membership Handbook.

<http://www.bu.edu/fitrec/about/forms-policies/>

### **Terrier and FitRec ID Cards**

A strict ID policy is enforced when entering the Fitness and Recreation Center. Students will be allowed one courtesy admittance per academic semester without their Terrier ID card. Members must swipe and display their Terrier or FitRec ID card to gain access to the Fitness and Recreation Center. If a member loses or misplaces their card, students must purchase a replacement ID at the Terrier Card Office, faculty/staff at Human Resources, and all others at the Fitness and Recreation Center. Your Terrier or FitRec ID card must identify your primary affiliation with Boston University.

- **Replacement Fee (Students/Faculty/Staff):** There is a \$40 fee for replacing your Terrier ID card if it has been lost, stolen, or damaged. You must visit the Terrier Card Office or Human Resources.
- **Replacement Fee (Alumni, Friends of BU, Spouses, and Dependents over 16):** There is a \$10 fee for replacing your FitRec ID card if it has been lost, stolen, or damaged.
- **Full-Time Students:** Your existing Terrier ID card will allow you access to the Fitness and Recreation Center.
- **Part-Time Students:** Your existing Terrier ID card will allow you access to the Fitness and Recreation Center. If your original card does not have your picture, you may be issued a FitRec ID card at the Member Services desk on your first visit to the Fitness and Recreation Center.
- **Faculty/Staff:** Your existing Terrier ID card will allow you access to the Fitness and Recreation Center once you purchase a membership. If your card has been lost or stolen, you may only obtain a new Terrier ID card through the Human Resources Office located on the 2<sup>nd</sup> floor at 25 Buick Street.

- **Alumni:** If you currently have an old ID card from when you were a student it will allow you access to the Fitness and Recreation Center once you purchase your membership. If your card has been lost or stolen, you may obtain a FitRec ID card at the Member Services desk.
- **Spouses:** If you have never been issued a FitRec ID Card, you will be issued one at the Member Services desk on your first visit to the Fitness and Recreation Center.
- **Dependents:** Dependents aged 0-15 will not be issued a FitRec ID Card. Access to the facility will be granted only when entering the facility with your parent or legal guardian. Parents must check in at the Member Services desk to provide their dependents access. Parents may not swipe in their dependents using their Terrier or FitRec ID card. Dependents aged 16-17 will be issued a FitRec ID card at the Member Services desk on their first visit to the Fitness and Recreation Center.

### **Terrier and FitRec ID Card Violations**

Terrier and FitRec ID cards are non-transferable and for the exclusive use of the person named on the card. Terrier and FitRec ID cards must be carried at all times and may not be used by anyone other than the individual named on the card; it remains the property of Boston University and must be surrendered to the University upon demand. Any Terrier or FitRec ID card that is presented by someone other than the rightful cardholder will be confiscated. Fitness and Recreation Center staff reserves the right to request identification at any time.

Violations include but are not limited to:

- Leaving the building through unauthorized exits
- Jumping or otherwise circumventing the turnstiles
- Allowing another person to use your Terrier or FitRec ID card
- Using a Terrier or FitRec ID card that does not belong to you
- Knowingly aiding in providing access to unauthorized users
- Assigning your own or another's Terrier or FitRec ID card to unauthorized users
- Allowing others to enter through emergency exits
- Signing in a visitor for a tour and then using facilities
- Bringing in dependents other than those listed on your dependent membership plan

Violations of these policies will lead to the following consequences:

- First Violation: A \$50 fine for each person illegally accessing the facility, a written warning, and a one week suspension. \*\* No refunds are provided for any membership dues paid during the suspension period. Student violations will not be reported to the Office of Judicial Affairs.
- Second Violation: A \$50 fine for each person illegally accessing the facility and membership suspended for the length of one semester (Four (4) months). \*\* No refunds are provided for any membership dues paid during the suspension period. Student violations will be reported to the

Office of Judicial Affairs. Faculty/Staff violations will be reported to the Office of Human Resources.

- Third Violation: A \$50 fine for each person illegally accessing the facility and membership suspended permanently. \*\* No refunds are provided for any membership dues paid. Student violations will be reported to the Office of Judicial Affairs. Faculty/Staff violations will be reported to the Office of Human Resources.

\*\* Suspension will extend until fine is paid. Individuals on suspension will have no access to FitRec and cannot be brought in as a guest.

**Note:** Terrier and FitRec ID cards are the property of Boston University and will be confiscated if used by someone other than the person named on the card. If the card is not surrendered to the Fitness and Recreation staff at the time of the violation, access will be terminated until the cardholder meets with a Facility Manager. Failure to comply with this policy constitutes a violation for both the individual in possession of the card and the individual named on the card. Cardholders are required to report to the Fitness and Recreation Center and meet with a Facility Manager in order to retrieve a Terrier or FitRec ID card that has been confiscated after misuse.

### **Entrance/Exit**

Entry and exit from the Fitness and Recreation Center must always be through the main entrance/exit on Commonwealth Avenue. Individuals entering or exiting through other doors are subject to disciplinary action (see Terrier and FitRec ID Card Violations above).

### **Guest Passes**

- Members of the Fitness and Recreation Center are eligible to sponsor guests to use the facility for \$12 per day; \$8 for ages 15 or under.
- A member must be 18 or over to sponsor a guest.
- Guests under the age of 18 must present a signed FitRec User Agreement from a legal guardian before they will be granted access.
- Members can sponsor up to five guests per day.
- Guest passes can be purchased at the Member Services desk, located immediately in front of you as you enter the facility.
- Guest passes entitle non-members to access all facilities only on the day the pass is issued.
- Guest passes are non-transferable and non-refundable.
- Guests must present a photo ID at the Member Services desk and sign a User Agreement before entering the facility.
- Sponsors assume full responsibility for all actions and behaviors of their guests and must accompany them at all times.
- Management of the Fitness and Recreation Center reserves the right to refuse admittance to any guest.
- Boston University faculty, staff, part-time students and alumni who are not members may self-sponsor and purchase a guest pass for themselves. Faculty and



staff must present a valid Terrier ID card. Alumni must present a valid picture ID and proof of Boston University alumni status. Self-sponsored affiliate guests may also sponsor up to five guests per day.

- Non-BU affiliate guests cannot sponsor additional guests.

### **Food, Chewing Gum and Drinks**

Food, chewing gum and drinks are permitted in designated areas only. Glass containers are prohibited at all times. Water is allowed in activity areas only if it is in an enclosed, unbreakable container.

### **Smoking**

Smoking and tobacco products are prohibited in the facility and at active entrances.

### **Alcohol and Drugs**

Alcoholic beverages and illegal drugs may not be consumed prior to or while using the facility. Individuals may not use the facility while under the influence of drugs or alcohol.

### **Cell Phones**

The use of cell phones is closely monitored throughout the facility. Any phone calls, text messaging, and photography features are strictly prohibited in the locker rooms at all times. Cell phones are permitted on the fitness floor in the capacity of listening to audio or using fitness related applications to enhance workout quality. Inappropriate use of cell phones may result in corrective action up to and including permanent dismissal from the facility.

### **Electronic Tablets**

Members are permitted to utilize electronic tablets on the fitness floor for personal viewing and/or audio use. FitRec is not responsible for lost or stolen property. Inappropriate use electronic tablets may result in corrective action up to and including permanent dismissal from the facility.

### **Bicycles, Etc.**

Bicycles, roller skates, rollerblades, skateboards, and hoverboards are prohibited inside the facility at all times. Exceptions for sports such as inline hockey will be made in designated areas at designated times only.

### **Pets**

Except for service animals, pets are prohibited in all facilities.

### **Accessibility**

Boston University's Fitness and Recreation Center is designed to accommodate patrons of varying abilities. Fitness and Recreation Center staff is available to provide

assistance to members with disabilities. Members are encouraged to provide as much advance notice as possible to the facility prior to a visit to help ensure that their request for assistance can be met.

### **Attire**

Proper athletic attire must be worn in the facility:

- Non-marking athletic shoes are required in all activity areas except for areas where shoes are optional, such as pools, multi-use rooms, locker rooms and dance studios. No street shoes are allowed on the multi-use/dance floors. Participants must bring clean footwear to wear in multi-use/dance classes.
- Swimmers with hair longer than a one half-inch long buzz cut must wear a swim cap. It is up to the lifeguard on duty's discretion to determine if length of hair requires a cap. Children under the age of 13 are not required to wear a swim cap.
- Fullback shirts and protective footwear are required in weight/conditioning rooms.
- Metal cleats may not be worn on the indoor track or outdoor playing fields.
- Eye guards are required in racquetball/squash areas.
- Shirts are required at all times (except in pools).
- Medical Scrubs are not considered proper athletic attire and may not be worn in the facility.

### **Equipment**

Recreational equipment is available for rent and/or purchase at the Pro Shop.

### **Stereos**

Headphones are required for personal stereos and may be available for purchase at the Pro Shop.

### **Injuries and Equipment Failures**

Injuries, accidents or equipment failures should be reported immediately to Fitness and Recreation Center staff.

### **Moving Equipment**

Only Fitness and Recreation Center staff may move equipment in the facility.

### **Spitting**

Spitting is prohibited in the Fitness and Recreation Center. Please use cuspidors near gymnasias on Level 2 and Lower Level 2.

### **Closing Time**

All areas including locker rooms should be vacated by closing time each night. Reminders will be announced over our public address system at one hour, thirty minutes, and fifteen minutes prior to closing, and at the actual closing time of the

building. All rented equipment should be returned to the Pro Shop and all day lockers should be emptied fifteen minutes prior to closing.

### **Facility Closures**

Facilities may be closed and/or reservations cancelled when warranted (i.e. special events, maintenance projects, and inclement weather). Any schedule changes will be posted to the Fitness and Recreation Center website ([bu.edu/fitrec](http://bu.edu/fitrec)).

### **Posted Rules**

Specific policies and room regulations are posted on site and must be observed. Verbal instructions issued by all staff should be strictly followed.

### **Personal Belongings**

Personal belongings must be secured in day lockers or rental lockers where available. Unsecured belongings, if recovered, will be considered abandoned property and turned in to lost and found located at the Pro Shop. Lost ID's will be turned into the Member Services desk. The Fitness and Recreation Center is not responsible for lost, stolen or damaged personal property. It is ultimately the responsibility of individual patrons to maintain and secure personal belongings while in the facility.

### **Photography**

Photography and/or videotaping are not allowed unless prior written authorization is obtained from the Marketing department of the Fitness and Recreation Center. Camera phones and video phones are not to be used for this function inside the facility. Inappropriate use cameras may result in corrective action up to and including permanent dismissal from the facility. Policies and Request form can be found: [www.bu.edu/fitrec/about/forms-policies/photography-film/](http://www.bu.edu/fitrec/about/forms-policies/photography-film/)

### **Open Recreation**

Open recreation hours are available for all members to engage in various recreational activities. Players are encouraged to be inclusive of others during open recreation hours. Unreserved open recreation activities are available on a first come, first served basis. Except for previously scheduled activities, open recreation will take priority over other activities.

Open recreation hours in the Fitness and Recreation Center are posted online ([bu.edu/fitrec/hours](http://bu.edu/fitrec/hours)).

### **Organized Activities**

The Fitness and Recreation Center may be used for recreational purposes only and may not be used for coaching or instructional purposes. Organized activities and/or personal training other than those approved by the Physical Education, Recreation and Dance department are prohibited. Violation of policy will result in dismissal.

### **Inclement Weather**

Boston University's recreation facilities will generally be open during regular hours, though all or portions of facilities may be closed if they are directly impacted by inclement weather. For-credit physical education courses will be canceled if Boston University is closed due to inclement weather. Formal programs such as classes and intramurals may be canceled or postponed if playing conditions and/or instructor travel are affected.

The Fitness and Recreation Center website ([bu.edu/fitrec](http://bu.edu/fitrec)) will post any weather-related schedule changes.

### **Suggestion Box**

The Fitness and Recreation Center is always looking for ways to improve. Comments and suggestions from members are encouraged and appreciated. Please write down your comments and place them in the suggestion boxes located throughout the facility.

### **Solicitation and Marketing**

Any and all non-FitRec promotions, flyers and/or advertising must be approved by the Physical Education, Recreation and Dance. No solicitation is allowed inside or at the front doors of FitRec unless approved and in coordination with FitRec Marketing.

Boston University groups may submit flyers to be posted to FitRec community bulletin board by submitting to the Members Service Desk for approval. Any outside business that seeks to advertise or solicit inside FitRec must contact FitRec Marketing. All postings must be approved. Flyers will be approved depending on appropriateness and relevance. Flyers not approved will be removed.

## **SERVICES**

### **Eligibility**

All Additional services may be registered by guests and members. Services are independent of membership and must be registered and cancelled independently.

### **Pro Shop**

The Pro Shop, located on Lower Level One of the Fitness and Recreation Center (the Pool Deck level) offers many services to members:

- Equipment rentals
- Equipment & apparel sales
- Locker rental information
- Day lock rentals
- Towel service
- Lost and Found
- Racquetball/squash reservations

## Equipment Issue Rules

1. A Terrier or FitRec ID card is required to borrow equipment from the Pro Shop.
2. Equipment must be returned at least 15 minutes prior to closing time.
3. Individuals will be charged a fee for damaged or lost equipment. Fees will be determined based on fair market value for the item.
4. Sponsors may check out equipment for their guests, but they assume full responsibility for equipment issued.

## Locker Room Policies

1. The Fitness and Recreation Center is not responsible for lost, stolen or damaged personal property.
2. Locker rentals are available at the Pro Shop and through the FitRec website ([bu.edu/fitrec](http://bu.edu/fitrec)) on a first come/first served basis. A waitlist is available when necessary.
3. Personal locks are prohibited and will be removed from the locker rooms.
4. Please report suspicious individuals wandering through the locker room to an attendant at the Pro Shop or the Member Services desk.
5. The Fitness and Recreation Center suggests that children five (5) years of age or older not enter the locker room of the opposite sex. Family changing rooms are available for members with small children of the opposite sex. Please use discretion when bringing children of the opposite sex into the locker room with you.
6. *WARNING*-Wet surfaces in the locker room may be slippery. Please watch your step.
7. There are four (4) private changing rooms on the lower level of FitRec, in the hallway leading to the Aquatics Center, which serve as both Gender Neutral and Family Changing Rooms. All families with children ages five and under should use the general locker rooms. These changing rooms are intended to be gender neutral and for parents with children of the opposite gender over five years old. Please limit use of these changing rooms to under 10 minutes per party. Please respect others' right to privacy and right to use these changing rooms.

## Day Lockers

Individuals using day-use lockers in the Fitness and Recreation Center must follow the guidelines below:

1. Personal locks may not be left on lockers overnight. All locks must be removed 15 minutes prior to facility closing.
2. If lockers are not cleared by closing time each day, Fitness and Recreation Center staff will remove all items in the lockers and keep them for 14 days in Lost & Found. After 14 days, all abandoned locker contents will be donated to charity or discarded. A \$10 fee will be charged to retrieve locker contents.
3. Locks may be checked out from the Pro Shop located on Lower Level One (Pool Deck level) free of charge with a valid Terrier or Fitrec ID. A Government issued ID may be left at your own risk.

4. Locks must be returned to the Pro Shop on the same day that they are checked out. Individuals that lose or do not return locks will be assessed a \$10 replacement fee.
5. All members understand their responsibility in protecting the welfare of other members while renting a locker.
6. Lockers are to be used for legitimate recreational purposes only.
7. The Fitness and Recreation Center is not responsible for lost, stolen or damaged personal property.
8. All lockers are the property of Boston University and the Department of Physical Education, Recreation and Dance.
9. Fitness and Recreation Center staff reserves the right to check lockers for unreturned towels, equipment and known safety/security issues. This task is done with strict procedural controls. Patrons will be notified should this occur.

### **Locker Rentals**

Permanent lockers are available to Fitness and Recreation Center members monthly for a fee. All lockers are issued on a first come, first served basis at the Pro Shop.

1. Personal locks are prohibited and will be removed from locker rooms.
2. All members understand their responsibility in protecting the welfare of other members while renting a locker.
3. Losing a lock will result in a replacement lock fee equal to one monthly charge.
4. Lockers are to be used for legitimate recreational purposes only.
5. The Fitness and Recreation Center is not responsible for lost, stolen or damaged personal property.
6. All lockers are the property of Boston University and the Department of Physical Education, Recreation and Dance.
7. Fitness and Recreation Center staff reserves the right to check lockers for unreturned towels, equipment and known safety/security issues. This task is done with strict procedural controls. Patrons will be notified should this occur.
8. Items cleared from cancelled or expired lockers will be kept for 14 days and then donated to charity or discarded.

### **Towel Service**

Towel Service is available for registration at the Pro Shop. Upon purchase of the service, buyer will receive their initial towel. Members may obtain a new towel by trading a used towel or they may be looked up by Pro Shop staff to verify their service if they would prefer.

- A Terrier or FitRec ID card is required at pick-up to verify that towel service is current.
- Members are permitted one towel at a time.
- Towel service is per member and not inclusive of spouses, dependents, etc. Only members may sign up for towel service.
- Lost or stolen towels will be the responsibility of those using the service and result in a \$10 replacement charge.
- Towels are also available on a daily basis for \$1 per towel, per day.

## Sauna

1. Sauna use is available for faculty/staff members only.
2. Participants must take a cleansing shower before entering the sauna.
3. For sanitary reasons, sauna users must sit or lie on towels.
4. After leaving the sauna, individuals must take a shower before entering the pool.
5. The use of cell phones is prohibited.

## Lost and Found

1. The Lost and Found is located at the Pro Shop on Lower Level One of the Fitness and Recreation Center.
2. Personal hygiene items such as shampoo, soap, deodorant, etc. will be disposed of each day at closing time. Other items will be kept for 14 days and then donated to charity or discarded.
3. Wallets, cell phones, MP3 players, and other items deemed to be of high value will be placed in the Facility Office safe for security purposes. These items may be retrieved any time during open FitRec hours by asking for the manager on duty. These items will be kept for 14 days and then donated to charity.
4. Lost BU ID's will be placed at the Member Services desk for retrieval. IDs not retrieved after one month will be destroyed.
5. Lost licenses and other forms of government-issued IDs will be mailed to the address listed if they are not picked up within three days.
6. The Fitness and Recreation Center is not responsible for lost, stolen, or damaged property.

## Cancellations and Refunds

- Members and guests will maintain services and associated fees on their account until services are cancelled per the request of the member/guest.
- If you wish to cancel your monthly services, you must fill out a cancellation form before the 25th of the month in order not to be charged for the next month.
- You may cancel your additional services within three business days of your join date and receive a full refund as per Massachusetts General Law. After that, your services can be terminated on a voluntary basis.
- Services will be automatically cancelled after two or more months of non-payment.
- All canceled lockers will be cleaned out and contents will be kept for no longer than 14 days.

# GERALD TSAI JR. FITNESS CENTER

## Rules and Regulations

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. The use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in

unacceptable or irresponsible behavior may have their access to facilities revoked or modified indefinitely.

### **Group Exercise and Multipurpose Rooms**

1. Please follow the instructor's routine and keep conversation to a minimum for your safety and the safety of others.
2. Entering a class in progress is prohibited. Please be on time and refrain from entering the classroom before the current class has finished.
3. Individual use of the facility stereo equipment is prohibited.
4. Wipe down any mats used and return equipment to the proper storage area when class is finished.
5. Appropriate exercise attire such as T-shirts; soft-soled, non-marking, clean (not worn outside), closed-toe athletic shoes; and athletic pants/shorts is required at all times. Sandals, bare feet, steel-toed boots and jeans are not permitted.
6. Personal belongings must be kept in a locker or cubby where available.
7. Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.
8. The use of cell phones is prohibited.
9. For FitRec members who want to use an open studio on a drop-in basis for individual stretching, practice or workouts (not intended for exclusive use), L131, L132, L137, and 220 (MU 3, 4, 5, and 7) may be used when unscheduled. There is no need for keys but access to the closet is prohibited. L126, L128, and L240 are not available for unscheduled use.

### **Weight and Cardiovascular Rooms**

1. Participants must be 16 years of age or older. Fitness and Recreation Center staff reserves the right to request identification at any time for proof of age.
2. Cardiovascular machine use is limited to 30 minutes.
3. Equipment must be wiped down after each use.
4. A cloth barrier is required between any skin and equipment contact. Member is responsible for ensuring a barrier is placed between their skin and any equipment within the fitness center.
5. Personal training other than that which is scheduled through the Physical Education, Recreation and Dance department is prohibited.
6. All dumbbells, weights and weight plates must be re-racked after use.
7. All equipment must be used in the manner for which it is designed. Standing on benches or equipment frames is prohibited.
8. The use of powdered weightlifting chalk is prohibited in the fitness center.
9. Intentionally slamming or dropping weights is prohibited.
10. Report all injuries to fitness attendants or EMT staff immediately.
11. Individuals are responsible for checking equipment prior to each use. Broken or damaged equipment and/or equipment malfunctions should be reported to the Fitness and Recreation Center staff immediately.
12. Appropriate exercise attire such as T-shirts; soft-soled, non-marking, closed-toe athletic shoes; and athletic pants/shorts is required at all times. Sandals, bare feet, steel-toed boots, scrubs and jeans are not permitted.
13. Personal belongings must be kept in a locker or cubby where they are available.
14. Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.



15. Cell phones are permitted on the fitness floor in the capacity of listening to audio or using fitness related applications to enhance workout quality only. Any phone calls, text messaging, and photography features are strictly prohibited at all times.

## AQUATIC CENTER

### Rules and Regulations

These guidelines and regulations are designed for your safety, health and comfort as mandated by the Commonwealth of Massachusetts Health Code and Boston University. Those who do not adhere to the guidelines below, or who fail to cooperate with the lifeguard staff, may be asked to leave and may be denied future access into the Aquatic Center.

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. The use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to facilities revoked or modified indefinitely.

### Competition and Recreation Pools

1. **Swimmers must take a cleansing shower before entering the pool.**
2. **Swimmers with hair longer than a one-half inch long buzz cut must wear a swim cap. It is up to the lifeguard on duty's discretion to determine if length of hair requires a cap. Children under the age of 13 do not need to wear a cap.**
3. A lifeguard must be on duty in the chair before anyone may get in the water.
4. No prolonged breath holding or prolonged underwater swimming.
5. Please walk on the pool deck. No running.
6. Any person with a skin disease, open sores, bandaged wounds, boils, inflamed eyes, discharging nasal or ear passages, or any communicable disease is prohibited from using the pool. If you have a bandage on a minor cut, dispose of it before entering the pool area.
7. No glass on the pool deck, seating area or locker rooms is permitted. Only water in an enclosed, unbreakable container is allowed on the pool deck.
8. No food or chewing gum is allowed in the pool or on the pool deck.
9. Street shoes are prohibited on the pool deck.
10. Regular swimsuits are required attire for all swimmers. No t-shirts, cut-offs, or under garments allowed.
11. Spitting and otherwise contaminating the pool, pool floors, walkways, aisles or locker rooms is prohibited.
12. Diving is prohibited in the Recreation Pool.
13. All diving board use is prohibited except for class participants.
14. Walking across the bulkhead or swimming under the bulkhead are prohibited.

15. Please do not leave bags, street shoes or clothes on the pool deck or benches. Use the day lockers in the pool hallway.
16. The maximum number of swimmers in each lane is six. Please be aware of how many people are already in the lane that you are selecting.
17. Lanes with more than two (2) swimmers must circle swim. This means that you should always be on the right side of the lane. Slower swimmers should stop at the wall and allow faster swimmers to pass.
18. Lanes are designated "slow," "medium," and "fast." Please select the appropriate lane for your ability. Aqua joggers should stay in the slow lane, allowing swimmers to pass. If the lane is too crowded, the lifeguard may prohibit aqua jogging.
19. Do not swim in a lane or area that is marked off for a class or swim team. Only swim in designated lap lanes. If you are unsure of open lanes, please ask the lifeguard.
20. During any open lap swim hours, one of the on-duty lifeguards will be available to administer boating swim tests for those who require them for boating registration. Testing must take place in the Competition Pool. Boating swim tests are not available during the last fifteen minutes of any open swim session.
21. Kickboards and pull-buoys are available for lap swimmers. Please return them to the storage bin after use.
22. When the lifeguard signals the end of a recreational or lap swim, please leave the pool area promptly.
23. Language and behavior must be appropriate for a family setting.
24. The use of oils and body lotions is prohibited.
25. Infants and children under the age of 16 must be accompanied and directly supervised by an adult. Non-swimmers must be accompanied by an adult while in the water and must remain within arm's reach at all times.
26. Only lap swim takes place in the Competition Pool unless otherwise posted. The lifeguard may ask a child to leave lap swim if he or she is unable to continuously swim laps or interrupts others. Non-swimming children are not allowed in the competition pool.
27. Strollers are not allowed on the pool deck.
28. No dunking on the basketball hoop or dangerous horseplay allowed,
29. No disposable diapers are allowed in the pool. Children that are not toilet trained should wear cloth, washable and reusable swim diapers. Cloth swim diapers are available for sale in the Pro Shop.
30. No swim aids such as "water wings", Styrofoam bubbles, or floats sewn into swimsuits are allowed. Only U.S. Coast Guard approved life jackets are allowed. A life jacket does not substitute for direct supervision of a non-swimmer.
31. If a lifeguard feels your swimming level is not adequate for the Competition Pool (7'-13.5' deep), you may be asked to leave or use the shallow Recreation Pool.
32. Private lessons may not be given by non-BU Aquatics staff at any time.
33. The use of pool toys is at the discretion of the lifeguard.
34. The use of cell phones is prohibited.

## **Spa**

1. The spa is open only during posted open recreation hours in the Recreation Pool. A lifeguard must be on duty.
2. Participants must take a cleansing shower before entering the spa.

3. Any person with a skin disease, open sores, bandaged wounds, boils, inflamed eyes, discharging nasal or ear passages, or any communicable disease is prohibited from using the spa. If you have a bandage on a minor cut, dispose of it before entering the pool area.
4. No children under the age of 13 are allowed use of the spa.
5. It is recommended that elderly persons, pregnant women and persons suffering from heart disease, diabetes, high or low blood pressure should not use the spa until they consult with their physician.
6. Do not use the spa when the water temperature is greater than 104 F.
7. The use of oils and body lotions is prohibited.
8. Individuals should observe a reasonable time limit in the spa or sauna (10 minutes). Long exposures may result in health complications such as dizziness, nausea or fainting.
9. Individuals may not completely submerge themselves in the spa.
10. Personal belongings must be kept in a locker or cubby where they are available.
11. Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.
12. The use of cell phones is prohibited.

## **ADDITIONAL FITNESS AREAS**

### **Rules and Regulations**

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. The use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to facilities revoked or modified indefinitely.

### **Gymnasia**

1. Since all games are self-monitored, good sportsmanship and proper conduct are expected at all times.
2. Black-soled shoes and other marking shoes are prohibited on the playing floor. Fitness and Recreation Center staff reserves the right to make decisions at their discretion.
3. When the gymnasium is crowded, courts may be broken down into half-court games to accommodate more people. Fitness and Recreation Center staff reserves the right to modify games based on participant needs.
4. Some scheduled activities in the gymnasium may take priority over open recreation. Any changes in the schedule will be posted on our website ([bu.edu/fitrec](http://bu.edu/fitrec)). Do not enter the gymnasium when a class or other event is in session.

5. Grabbing or hanging on the nets or rim is prohibited. Violators will be suspended from the facility for at least the remainder of the day.
6. Baseball, football, frisbee and other activities deemed unsafe in the gymnasium environment are prohibited unless special permission is obtained from the facility manager. Soccer, volleyball and badminton are only permitted in specified places at designated times.
7. Net Preference: badminton, soccer and volleyball will have priority over other unscheduled activities on certain days. Please refer to the posted schedule for specific information on informal recreation activity times.
8. Appropriate exercise attire such as T-shirts; soft-soled, non-marking, closed-toe athletic shoes; and athletic pants/shorts is required at all times. Sandals, bare feet, steel-toed boots and jeans are not permitted.
9. Personal belongings must be kept in a locker or cubby where they are available.
10. Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.
11. The use of cell phones is prohibited.

### **Open Recreation Rules**

1. Basketball: Games are played to 11 points, win by two. Winners stay, losers rotate off. Winning teams may stay on the court for no more than two consecutive games.
2. Volleyball: Games are played to 15 points. Winners stay, losers rotate off. Winning teams may stay on the court for no more than two consecutive games.
3. Soccer: Games are played for 20 minutes. The team with the most points after 20 minutes may stay, the losing team rotates off. Winning teams may stay on the court for no more than two consecutive games.
4. Badminton: Games are played to 11 points. Winners stay, losers rotate off. Winning teams may stay on the court for no more than two consecutive games.

### **Racquetball and Squash Courts**

1. All players must check in at the Pro Shop prior to entering their reserved court. ID is required for verification. Failure to check in by 15 minutes past the scheduled playing time will result in court forfeiture and courts will be reassigned to those on a first come, first served basis.
2. Racquets and balls are available for rental and purchase at the Pro Shop. Equipment borrowers assume full responsibility for rental equipment.
3. All metal racquets must have protective guards and handle straps.
4. The use of approved polycarbonate closed eye guards is required. These may be purchased or rented at the Pro Shop.
5. Courts are open during posted hours.
6. Appropriate exercise attire such as t-shirts; soft-soled, non-marking, closed toe athletic shoes; and athletic pants/shorts is required at all times. Sandals, bare feet, steel-toed boots and jeans are not permitted.
7. Personal belongings must be kept in a locker or cubby where they are available.
8. Water must be in an enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.
9. The use of cell phones is prohibited.

### **Racquetball and Squash Court Reservations**

1. Courts are available for reservation by FitRec members only with a Terrier or FitRec ID number.
2. Members may reserve courts up to one day in advance by contacting the Pro Shop at 617-358-7767 (PROS) or in person during regular hours of operation.
3. Members/groups may not book more than one hour of playing time per day due to the limited availability of courts. The double booking or stacking of reservations will result in forfeiture of reservation.
4. Court not claimed by 15 minutes past the hour will result in forfeiture of reservation.
5. Members may also reserve courts online by logging into *myfitrec.bu.edu* with their online credentials and selecting "Reserve Court Time".

### **Indoor Jogging Track**

1. Run and/or walk clockwise on Monday, Wednesday, Friday and Sunday.
2. Run and/or walk counterclockwise on Tuesday, Thursday and Saturday.
3. The outer two lanes are reserved for walkers (slow).
4. The inner two lanes are reserved for runners (fast).
5. Faster runners have the right of way.
6. Stretching areas are located in various areas around the track-walls. Railings are NOT to be used as stretching aids.
7. The track is available for use unless otherwise posted.

### **Sailing Pavilion**

Located on the esplanade next to the BU Bridge, the Sailing pavilion is open from spring to fall. The pavilion gives you access to recreational sailing, kayaking and stand-up paddle board use. All are invited to join our sailing program by taking an instructional sailing class or purchasing a sailing card. Contact the Sailing Pavilion at 617-353-9307 or [buboot@bu.edu](mailto:buboot@bu.edu). To access the Sailing Pavilion: Use pedestrian bridge behind law school to access the Esplanade. At the bottom of the stairs continue straight (West) and the pavilion is just before the BU Bridge.

## **THE BARRECA CLIMBING WALL**

### **Rules and Regulations**

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. The use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to facilities revoked or modified indefinitely.

The Fitness and Recreation Center houses a 30-foot climbing wall complete with eight (8) belay stations and a caved bouldering area. Climbing is an assumed risk. Climbers must agree to all rules and regulations of the climbing facility.

The Fitness and Recreation Center Barreca Climbing Wall reserves the right to add or change policies. Any such additions or changes to these policies will be posted at the Barreca Climbing Wall. Climbers and others using the Fitness and Recreation Center are required to inform themselves of new rules or rule changes.

## **Climbing**

1. All climbers must pass a belay qualification test administered by climbing wall staff prior to rope climbing.
2. In order to provide visual safety verification, all roped climbers and belayers must display their qualifier card while participating in roped climbing.
3. Climbing qualifier cards are non-transferable.
4. Climbers must tie directly into their harness, through all captured tie in points, using a retraced figure eight (8) knot with a double fisherman's backup.
5. Locking carabiners must always be used with belay devices.
6. Climbers must check themselves and their partner for correct gear, knots, and set-up of belay system.
7. The brake hand must never leave the rope.
8. Belayers must belay directly from their harness and not from a fixed anchor point.
9. No sitting or lying down while belaying.
10. During free climbing hours, at least one climbing wall staff member is always available. Climbing is only permitted during open wall hours with climbing wall staff supervision.
11. Climbers must check in with the Fitness and Recreation climbing wall staff before using the climbing wall.
12. Fitness and Recreation Center staff has the right to revoke climbing privileges either temporarily or permanently for unsafe or inappropriate behavior, which shall be determined by the Fitness and Recreation staff in their sole and absolute discretion.
13. Only CE certified equipment is allowed to be used. Rental equipment is available.
14. Personal equipment is allowed at the discretion of the Fitness and Recreation Center climbing wall staff.
15. No barefoot climbing.
16. No hard sole shoes are allowed on the padded carpet at the base of the climbing wall.
17. Climbers must use correct climbing commands.
18. Respect the space of other climbers.
19. All personal items must be kept outside of the climbing area.
20. Food, beverages, and chewing gum are not permitted in the climbing area.
21. Route setting shall be performed only by authorized Fitness and Recreation Center climbing wall staff.
22. Report all accidents, loose holds or damaged equipment to the Fitness and Recreation Center climbing wall staff.
23. The use of cell phones is prohibited.

## **Bouldering**

1. Everyone is qualified to use the bouldering structure after a brief bouldering orientation.
2. Climber's hands must not be above the horizontal demarcation.
3. No topping out on the bouldering structure.

4. No bouldering below roped climbers.
5. Spotter(s) are recommended while bouldering. If unsure, ask the Fitness and Recreation Center climbing wall staff for safe spotting techniques.
6. Crash pads must be used while bouldering.

### **Family Climbing**

1. All children ages 12 or under must wear a helmet while climbing.
2. Children eight years of age or younger OR weighing less than 80 pounds must wear a full body harness; OR a chest harness used in conjunction with a sit harness.
3. During regular open hours, qualified parents may belay their own children. If parents are not qualified, children may be belayed twice by climbing wall staff, provided that there are no other climbers in the climbing area and supervisors are available to belay.

## **FACILITY RESERVATIONS**

If you are looking to reserve space in the Fitness and Recreation Center for your event, please visit our website at [bu.edu/fitrec](http://bu.edu/fitrec). All requests must be made using our online request form or by emailing [prdevent@bu.edu](mailto:prdevent@bu.edu).

Requests do not guarantee availability. Requests are processed in the order they are received on a space-available basis. If your request can be accommodated, an estimate will be provided by the Facility Staff. A signed contract and payment in full will be required to secure your reservation. It's helpful if all audio, visual, and equipment requests are included when making the initial request for a reservation. If food and beverages will be served, arrangements must be made in advance with both FitRec management and Catering on the Charles.

## **EMERGENCY PROCEDURES**

Physical Education, Recreation and Dance employs Emergency Medical Technicians who are on-duty in the Fitness and Recreation Center during all hours of operation. They remain on duty until all recreational, instructional, intramural, and club sport programming has been completed for the day.

In the event of a medical emergency inside the facility, please notify Fitness and Recreation Center staff immediately and they will summon the EMT. Fitness and Recreation Center staff can always be located in the Tsai Fitness Center, the Member Services desk, and Pro Shop. The Emergency Medical Technician will assess the patient and determine what medical treatment is needed. The EMT may be able to render care on site or the patient may be brought to a designated first aid treatment room within the facility. If further medical evaluation or care is required, the EMT may arrange for an ambulance or another appropriate mode of transportation for the patient to a medical facility.

If the EMT is unavailable, a FitRec staff member will contact BUPD for assistance. In the unlikely event that a FitRec staff member is unavailable, please call the **Boston University Police Department at 617-353-2121**. Be sure to include your name, your location within the facility, and a description of the situation. They will dispatch an officer and an ambulance to the facility. Have someone notify the Member Services desk and, if possible, have someone meet the ambulance crew and guide them to the patient.

## PARKING

Parking at the Fitness and Recreation Center is limited. Members are encouraged to use public transportation when possible.



There are parking lots located adjacent to the Fitness and Recreation Center. Boston University's Agganis Arena parking garage (Lot A) and surface lots (Lot C-2) are available. Lot C-1 is now permanently closed.

### Permit Parking

Lot A and C-2 will be available to Charles River Campus employees with valid green and red permits or University Guest Passes on a space available basis (on non-event days only).



Medical Campus permits are accepted on the Charles River campus with the same restrictions. A valid daytime permit for the Medical Campus (gold stickers) will be honored at Lot A and C-2 on a space available basis (on non-event days only). Evening permits at both Charles River and at the Medical Campus will both be honored after 4 p.m. (on non-event days only).

### **Non-Permit Parking**

The Agganis Arena parking garage (Lot A) and surface lot C-2 will be available to Fitness and Recreation Center members and visitors at hourly and daily cash rates (\$2.00 per hour for up to 8 hours a day) during non-event days. Agganis Arena event parking restrictions apply. Between 6 p.m. and closing each night, Arena parking lot patrons will be asked to pay the maximum rate upon entry. When they leave they will be refunded for the hours that they did not use the lot.

### **Agganis Arena Event Parking Restrictions**

Most performances and sporting events at the Agganis Arena take place during the evening and on weekends. Permit holders will be restricted from parking in the Arena facilities during events and 90 minutes prior to the start of a weekday and weekend evening performance. In addition, Arena parking facilities will be closed to permit holders on the day of some weekday and weekend matinee performances and University events (Spring Open House, Commencement, etc.). Permit holders wishing to park in West Campus during a scheduled Arena event will be directed to an alternate parking facility, subject to availability.

### **Event Notification**

The Office of Parking Services and the Agganis Arena staff will notify permit holders in advance of event parking restrictions through the use of flyers, signs and event calendars. You may visit the Agganis Arena website at [bu.edu/agganis/](http://bu.edu/agganis/) to view their upcoming events calendar.